

The Acute Effects of Whole Body Vibration vs. Jogging on Various Fitness Parameters Using Different Time Intervals

GUILLERMO PEREZ, SAUL CASTILLO, GILBERTO LOPEZ, LORENZO MEDINA, OMAR APODACA, SONIO GARCIA, and MURAT KARABULUT

The Motor Development Laboratory; The University of Texas at Brownsville

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ABSTRACT

PURPOSE: To compare different warm-up modes (Whole Body Vibration (WBV) and jogging) on different durations (3 or 5 minutes) and their effects on a variety of fitness parameters. **METHODS:** Twenty-two participants; fourteen males (Mean \pm SD age = 23.7 \pm 3.9 years; height = 173.4 \pm 5.5 cm; weight = 89.4 \pm 16.59 kg) and eight females (Mean \pm SD age = 23.7 \pm 3.4 years; height = 160.6 \pm 6.5 cm; weight = 78.6 \pm 21.3 kg), performed WBV and jogging warm-ups (3 minute or 5 minute) on four separate days. Upon completion of warm-ups, the subjects performed various fitness test including: three different jump tests (counter movement, static, and drop jump), an agility test with in a hexagon, and finally a flexibility test on a sit and reach box. A repeated measures ANOVA was used to determine any notable effects for each warm-up with the level of significance set at 0.05. **RESULTS:** Results show that WBV produced significantly higher values in flexibility compared to jogging. Jogging produced significantly higher power output values than WBV. 3 minute WBV showed no significance in flexibility compared to 3 minute jog. **CONCLUSION:** Using the WBV for a 5 minute warm-up will result in more flexibility. The 5 minute jogging warm up produced the highest power output. Jogging for 3 minutes provided equal flexibility values compared to WBV, however higher anaerobic power.

